

PERCEIVED ENVIRONMENTAL SUPPORTIVENESS SCALE

This questionnaire aims to find out how you view your exercise environment. Using the scale below, please indicate to what extent you disagree or agree with each of the following statements. Please note that there are no right or wrong answers and no trick questions. We simply want to know how you personally feel. Your responses will be held in confidence and only used for our research purposes.

To answer, please **CIRCLE** the appropriate number beside each statement

		Strongly disagree			Neutral			Strongly agree
My exercise instructor(s)								
1	Take into account my individual needs	1	2	3	4	5	6	7
2	Give me good advice	1	2	3	4	5	6	7
3	Make time for me even though they are busy	1	2	3	4	5	6	7
4	Provide a range of activities	1	2	3	4	5	6	7
5	Make clear to me what I need to do to get results	1	2	3	4	5	6	7
6	Make me feel like I matter to them	1	2	3	4	5	6	7
7	Provide me with choices and options	1	2	3	4	5	6	7
8	Make clear what to expect from engaging in the activities	1	2	3	4	5	6	7
9	Are concerned about my wellbeing	1	2	3	4	5	6	7
10	Encourage me to take my own initiative	1	2	3	4	5	6	7
11	Give me exercises that are suited to my level	1	2	3	4	5	6	7
12	Look after me well	1	2	3	4	5	6	7
13	Consider my personal needs	1	2	3	4	5	6	7
14	Help me to feel confident about exercising	1	2	3	4	5	6	7
15	Care about me	1	2	3	4	5	6	7

Thank you for taking part in our research